



9. Cross Triathlon Friedrichroda
 99894 Friedrichroda / Thüringen / 11.07.2010

Detailed evaluation

JuMiPe

Total time: 1:45:02

Number: 455

Speed: 16.57 km/h

Running performance: 3:34 min/km

Course: 29.40 km

Staffel-Cross (0.4 / 23.0 / 6.0)

Rank in course: 40 (of 64)

Best time in course: 1:20:46

Category:

Rank in category: 23(of 31)

Staffel Cross

Best time in the category: 1:20:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Schwimmen	0.40	9:05	22:42	21	3:00	40	3:00	0.40	9:05	22:42	12	0:59	65	2:46
Rad	23.00	59:07	2:34	12	12:57	24	12:57	23.40	1:08:12	2:54	32		65	
Lauf	6.00	36:50	6:08	28	12:07	57	15:06	29.40	1:45:02	3:34	23	24:16	40	24:16